

# THERAPEUTIC RECREATION CENTER/ANY DISABILITY

Therapeutic Recreation is utilizing recreation services and leisure experiences to help people with disabilities make the most of their lives physically, mentally, emotionally and socially. Therapeutic Recreation can improve functional abilities, enhance recreation skills and attitudes, build confidence, ease fears, improve physical abilities, promote greater self-reliance, strengthen interpersonal skills, manage stress and enrich the quality of life. Therapeutic Recreation can help people of all ages and backgrounds to get well, live well and stay well.

Registration will be accepted only at the Therapeutic Recreation Center. Please either mail-in or drop off all registration forms and checks (payable to City of Norfolk Treasurer) by registration date at the Therapeutic Recreation Center, 180 East Evans Street, Norfolk, VA 23503. Money is due at the time of registration. If you have any questions, please call 441-1764(V/TDD). Registration will not be accepted prior to the registration date. The first day of "Spring" registration is Friday, March 7, 2003, at 10:00 a.m. for the Therapeutic Recreation Center ONLY! The first day of "Summer" registration is Friday, May 30, 2003, at 10:00 a.m. for the Therapeutic Recreation Center ONLY! All programs are for ages 14 and up.

## SPARES AND STRIKES/SKILL BUILDING

### BOWLING

Would you like to further your bowling techniques to improve your bowling? Join us at the Little Creek AMF Lanes to improve your skills and ball handling techniques. Adaptive equipment is available if needed. Limited transportation available. There is an additional fee of \$1.00 per game each week. \*\*Class referral is required. Call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
310731-01	AMF	W	4:00pm-6:00pm	3/26 - 5/28	\$15	\$25
410731-01	AMF	W	4:00pm-6:00pm	6/18 - 8/20	\$15	\$25

### AQUACISE I

Water is the perfect medium for physical rehabilitation. Join the group and work toward increased mobility and range of motion. Does not require swimming skills, but participants must be able to stand alone in 3 1/2 feet of water. Participants must be able to dress and toilet themselves. Swimsuits must be worn in the pool. Limited transportation available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346711-01	Northside	M	1:00pm-2:00pm	3/24 - 5/26	\$15	\$25
346711-02	Northside	F	1:00pm-2:00pm	3/28 - 5/30	\$15	\$25
346711-03	Northside	M,F	1:00pm-2:00pm	3/24 - 5/30	\$25	\$35
446711-01	Northside	M	1:00pm-2:00pm	6/16 - 8/18	\$15	\$25
446711-02	Northside	F	1:00pm-2:00pm	6/20 - 8/22	\$15	\$25
446711-03	Northside	M,F	1:00pm-2:00pm	6/16 - 8/22	\$25	\$35

### AQUACISE II

How long have you participated in Aquacise? Do you feel it's time to experience a new, faster paced workout to further your physical rehabilitation? If so, it's time for you to join Aquacise II, a comprehensive total body workout designed to increase mobility and range of motion, and to increase strength and muscle endurance. Participants must be able to stand in four feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. \*\*Class referral required. Call center for more information.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346730-01	Northside	W	1:00pm-2:00pm	3/26 - 5/28	\$15	\$25
446730-01	Northside	W	1:00pm-2:00pm	6/18 - 8/20	\$15	\$25

## SPRING/SUMMER CLASSES

### NEW!

#### JAZZ IT UP!

Do you love to dance? If so, this is your chance to get exercise while incorporating dance moves into an aerobic routine. This will be a low/moderate impact class. Participants will need to wear comfortable clothes and proper footwear.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366721-01	TR Center	Tu	4:00pm-5:00pm	3/25 - 5/27	\$15	\$25
466721-01	TR Center	Tu	4:00pm-5:00pm	6/17 - 8/19	\$15	\$25

## SPARES AND STRIKES/RECREATIONAL BOWLING

Bowling is fun! Join us at the Little Creek AMF Lanes to learn the basic rules of 10 pin recreational bowling. Adaptive equipment is available if needed. Limited transportation available. There is an additional fee of \$1.00 per game each week.

Activity #	Site	Day	Time	Date	Fee	NR Fee
310710-01	AMF	M	12:30pm-2:00pm	3/24 - 5/26	\$15	\$25
410710-01	AMF	M	12:30pm-2:00pm	6/16 - 8/18	\$15	\$25

# THERAPEUTIC RECREATION CENTER/ANY DISABILITY

## AQUACISE I & II COMBO

Do you need to gain muscular strength and endurance and maintain flexibility? Then this combination of classes is for you! Participants must be able to stand in four feet of water, dress and toilet themselves. No swimming skills are necessary. Swimsuits are required. \*\*Class referral required. Call center for more information. Transportation is not available on Wednesdays.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346730-02	Northside	M,W	1:00pm-2:00pm	3/24 – 5/28	\$25	\$35
346730-03	Northside	W,F	1:00pm-2:00pm	3/26 – 5/30	\$25	\$35
446730-02	Northside	M,W	1:00pm-2:00pm	6/16 – 8/20	\$25	\$35
446730-03	Northside	W,F	1:00pm-2:00pm	6/18 – 8/22	\$25	\$35

## MODERATE IMPACT AQUA AEROBICS

Join us in the water for a comprehensive total body workout while toning muscles and working that heart! Participants must be able to stand in 3 1/2 feet of water independently and engage in aerobic exercise for 30 minutes. No transportation provided. Swimsuits must be worn.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346713-01	Northside	M	6:00pm-6:50pm	3/24 – 5/26	\$15	\$25
446713-01	Northside	M	5:00pm-5:50pm	6/16 – 8/18	\$15	\$25

## LOW IMPACT EXERCISE AND STRETCH

Tone and firm your muscles and increase your flexibility using aerobic workouts, without jumping or jarring the joints. Class includes warm-up, workout, and cool-down.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366752-01	TR Center	F	5:00pm-5:50pm	3/28 – 5/30	\$15	\$25
466752-01	TR Center	F	5:00pm-5:50pm	6/20 – 8/22	\$15	\$25



## SPRING CLASSES

### CERAMICS

Enjoy the opportunity to paint your own piece of decorative or functional art in a fun atmosphere. Participants must provide greenware and any special paints not provided in center supplies. A \$5.00 supply fee is due at the first class. Limited transportation is available.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366720-01	TR Center	Tu	10:00am-12:00pm	3/25 – 5/27	\$20	\$30

### MAKE-IT-MOSAICS

Pick out colored tiles and glass, arrange in a design, add found items like shells or buttons and glue pieces down. Cover it all with grout, then allow it to set and wipe it clean. You've got a completed mosaic! In no time you'll have unique items to show-off in your home, patio and garden. There is a \$10.00 supply fee and additional supplies needed will be discussed the first class.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366750-01	TR Center	F	9:30am-11:00am	3/28 – 5/30	\$20	\$30

## NEW!

### TAKE ME OUT TO THE BALLGAME

Play Ball!!! Spend three Wednesday evenings in April and May watching the Norfolk Tides play baseball. You may register for the class and decide if you want to see one – two – or all three games when you register for classes. Trip fee for the games is due on or before March 28, 2003. Trip fee is \$14.00 per game. You may bring extra money for snacks or souvenirs.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366732-01	TR Center	W	6:30pm-10:30pm	4/9, 4/23, 5/7	\$10	\$20

## SUMMER CLASSES

**NEW!**

### ART MEDLEY

Create a variety of new crafts to find your artsy niche. Take part in learning about various styles of art. No experience is necessary to create a wonderful piece. There is a \$10.00 supply fee.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466750-01	TR Center	F	9:30am-11:00am	6/20 – 8/22	\$20	\$30

## SPRING OUTINGS

### “NORFOLK TIDES” GAME

What comes to mind when you think of hotdogs, peanuts and popcorn? If you guessed the ballpark, you’re exactly right! Join us for an exciting game at Harbor Park as we cheer on the Norfolk Tides baseball team. Ticket cost is \$6.50. Snacks are extra. Transportation is limited. Tickets must be purchased in advance, so register by April 14, 2003.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366741-01	TR Center	Th	5:00pm-11:00pm	5/22	\$5	\$15

### LET’S GET WILD AT THE ZOO

How long has it been since you’ve visited the Norfolk Zoo? Come and experience the new layout and animal exhibits. We’ll enjoy lunch at the famous Doumar’s Restaurant and then travel to the zoo. Join us for a “wild” time at the zoo. Transportation is provided. Additional cost for lunch and admission to the zoo.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366740-01	TR Center	Th	9:00am-5:00pm	5/8	\$5	\$15



# THERAPEUTIC RECREATION CENTER/PHYSICAL IMPAIRMENTS

## SPRING WORKSHOP

**NEW!**

### SPRING THEME MOSAIC WORKSHOP

Have you ever tried the ancient art of mosaics? Let's be creative and make a spring mosaic with assorted tile and glass. Participants will learn basic mosaic techniques using design application, adhesive and grout. You will take home a finished spring theme mosaic. All supplies are provided. Transportation is limited, so sign up early. Participants interested in workshop will be at the center during lunch. It is suggested that participants bring lunch or purchase pizza for \$1.00 per slice. Drinks will be provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366744-01	TR Center	Th	10:00am-12:00pm	4/24	\$7	\$17

## SUMMER WORKSHOP

**NEW!**

### CREATIVE DANCE WORKSHOP

Learn to express yourself through dance and movement. Enjoy learning a creative dance routine during this workshop. Transportation is limited, so sign up early. Participants interested in workshop will be at the center during lunch. It is suggested that participants bring lunch or purchase pizza for \$1.00 per slice. Drinks will be provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466745-01	TR Center	Th	10:30am-12:00pm	7/10	\$5	\$15

## SPRING OUTINGS

### DAFFODIL FESTIVAL

How about escaping to Gloucester, Virginia to see the sights of the Daffodil Festival? Enjoy over 150 arts and crafts exhibits, tasty food from the vendors and a variety of entertainment. Admission to the festival and lunch are extra. Transportation is provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366760-01	TR Center	Sa	8:30am-6:00pm	4/5	\$7	\$17



### GREEK FESTIVAL

It's "Baklava Time" once again! It's a time to enjoy the festivities, food and tradition of this wonderful community event. You can't miss this treat, so register early. Transportation is limited.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366742-01	TR Center	Th	11:00am-4:00pm	5/15	\$7	\$17

### NORFOLK BOTANICAL GARDEN

How long has it been since you've been to the Botanical Garden to see the foliage and flowers? The azaleas and tulips are wonderful this time of year! Join us for a delicious buffet lunch at Golden Corral. Admission and lunch are extra. Transportation provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366743-01	TR Center	Th	9:00am-5:00pm	4/10	\$7	\$17

## SUMMER OUTINGS

### PLAY TIME

You give the review! Thumbs up or thumbs down on the Generic Theater's production of "Over the River." Join us for dinner at the new downtown favorite Panera Bread Bakery and Café. Admission to the play is \$13.00 for seniors and \$15.00 general. Cost for dinner is extra and transportation is provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466740-01	TR Center	Th	3:00pm-11:00pm	6/26	\$5	\$15

**NEW!**

## VIRGINIA AIR AND SPACE CENTER

Come experience the Virginia Air and Space Center to view rare NASA artifacts, including a moon rock. There are over 100 space exhibits, 12 full-sized aircraft, and a 5-story IMAX Theater. Enjoy dinner before seeing the attractions at a local restaurant. Transportation provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466741-01	TR Center	Th	9:00am-5:00pm	7/17	\$5	\$15

## BACK TO “BUBBA’S SEAFOOD RESTAURANT” NIGHT

Were you not able to attend last summer’s evening out to Bubba’s Seafood Restaurant? Well, here is your chance to “give it a try” or “revisit” the famous Virginia Beach seafood restaurant. Come join us and eat a delicious meal, and enjoy the beautiful waterfront view. This is a night you won’t want to miss! Transportation is limited, so register early.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466742-01	TR Center	Th	3:00pm-9:00pm	7/24	\$5	\$15

## VIRGINIA MARINE SCIENCE MUSEUM

Explore the marine life of the Chesapeake Bay. See live native animals in natural setting, from birds to fish. Have a good laugh while watching playful seals, learn about the ocean through interactive exhibits, and relax while observing the tranquil aquariums. Enjoy a lunch at a local restaurant. Transportation provided. Additional fee for admission and lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466743-01	TR Center	Th	9:00am-5:00pm	8/14	\$5	\$15

**NEW!**

## ROWENA’S BAKERY

Follow your nose through a guided tour of a favorite local bakery - Rowena’s! Taste test a variety of pound cakes, curds, scones and sauces. Enjoy lunch in Rowena’s tearoom and purchase a dessert to indulge in at home. Transportation provided. Extra cost for lunch.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466744-01	TR Center	Th	9:30am-5:00pm	8/21	\$5	\$15

**NEW!**

## MAKE WAVES

Come with us for two different adventures on the high sea and have a fun time enjoying the beautiful weather in the Hampton Roads area. A bag lunch will be needed with plenty to drink.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466720-01	TR Center	Tu	10:00am-3:00pm	Varies	\$5	\$15

# THERAPEUTIC RECREATION CENTER/MENTAL IMPAIRMENTS

## SPRING/SUMMER CLASSES

### FAVORITE FLICK FRIDAY

How about starting your weekend with a movie, pizza and friends? If this sounds like fun to you, then Favorite Flick Friday is where you belong! The group will meet at the TR Center on three Fridays, order pizza and rent a movie. Call for specific dates at 441-1764 (V/TDD). Additional costs may be required.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366791-01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25
466791-01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25

## SUMMER CLASSES

### SPORTS NIGHT

The name of the game is sports of all sorts. Each participant will play, learn about, and even be a team manager in sports. Everyone will participate in a variety of indoor/outdoor sports, and become a better spectator by learning about basic rules, equipment and sportsmanship. Each person will manage their own fantasy sports team. The season (fall, winter, spring, summer) will determine the sports selected for the session.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366753-01	TR Center	F	6:00pm-6:50pm	3/28 – 5/30	\$15	\$25

### FUN BUNCH

Come along and join the fun. A great opportunity to improve your social skills in a light-hearted, easy-going atmosphere. The Fun Bunch will meet at the TR Center, then travel to a variety of area fun spots. Must be ambulatory. Additional costs may be required. Call for specific dates at 441-1764 (V/TDD).

Activity #	Site	Day	Time	Date	Fee	NR Fee
366790-01	TR Center	F	7:00pm-10:00pm	Varies	\$15	\$25

*The availability of makeup classes will vary according to circumstances and will be at the discretion of the center supervisor.*

*Classes are for participants ages 14 and up.*

## SUMMER CLASSES

### NEW!

#### BEACH BUMS

Travel to a variety of beaches to experience hiking, sports and other fun activities. Learn about beach safety. This will be a great way to explore a new leisure interest. Bring a bag lunch, plenty to drink, sun block, bathing suit, towel and other beach gear. Call the TR Center for the three specific dates and locations.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466722-01	TR Center	Tu	10:00am-3:00pm	Varies	\$15	\$25

### NEW!

#### BAY DAYS

Ahoy mate! Come and learn about boat safety, water safety and different types of watercraft. Experience a variety of boating adventures on area waterways. Take in the fresh salt air and tranquility of the water. Bring a bag lunch, plenty to drink, sun block, bathing suit and towel. Call the TR Center for the 3 specific dates and locations.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466723-01	TR Center	Tu	10:00am-3:00pm	Varies	\$15	\$25

### NEW!

#### DINE AND DANCE

We will travel to Oceanview Beach, just across from Oceanview shopping center for six Fridays to enjoy live music and the chance to dance the night away. Participants should bring food and drink to eat picnic style at the park. No additional money is needed and a folding lawn chair or blanket is optional. Call TR Center for concert dates. If concert is cancelled activities will be held at the TR Center.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466794-01	TR Center	F	6:00pm-9:30pm	Varies	\$15	\$25

# THERAPEUTIC RECREATION CENTER/MENTAL IMPAIRMENTS

## NEW!

### BINGO FOR FUN

Enjoy the company of others while playing bingo and sharing laughs on three dates during the summer. The prize for winning will be cheers from the other players. Each participant is asked to bring a snack food (enough for 2-3 people) to share with each other. Drinks will be provided. The games will not be fast, as new players will learn how to play from both volunteers and veteran bingo players. Class fee is \$5.00 for entire session.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466790-01	TR Center	F	6:00pm-6:50pm	Varies	\$15	\$25

## NEW!

### PICK UP GAMES

Everyone will play softball, basketball, soccer, volleyball, horseshoes, trust games or other types of group games, depending on who shows up and what the group decides to play from the games selected that day. Participants may bring or purchase snacks and drinks.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466732-01	TR Center	W	6:30pm-7:30pm	6/18 - 8/20	\$15	\$25

## SUMMER WORKSHOP

## NEW!

### CREATIVE DANCE WORKSHOP

Learn to express yourself through dance and movement. Enjoy learning a creative dance routine during this workshop. Transportation is limited, so sign up early. Participants interested in workshop will be at the center during lunch. It is suggested that participants bring lunch or purchase pizza for \$1.00 per slice. Drinks will be provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466747-01	TR Center	Th	1:00pm-2:30pm	7/10	\$5	\$15

## SPRING OUTINGS

### SPRING BEACH TRIP

Let's hit the beach and start this season off with a relaxing day socializing at Virginia Beach waterfront. Bring swimsuits, towels, chairs and money for lunch at Zero's and souvenir shopping. Don't forget the sun block! Transportation is limited, so sign up early.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366745-01	TR Center	Th	10:00am-5:00pm	5/29	\$5	\$15

## NEW!

### "OVER THE RIVER AND THROUGH THE WOODS"

Spend a comical night at the Generic Theater enjoying the struggles of family togetherness. Local actors create an amusing night showing how silly things can get when families sit down for dinner. Dress should be casual and neat. A stop at Wendy's for dinner (bring at least \$10.00) and off to see the play. The trip fee is \$20.00 to be paid in full before March 14, 2003.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366761-01	TR Center	Sa	6:00pm-11:00pm	5/31	\$5	\$15

## NEW!

### NATIONAL ZOO IN WASHINGTON DC

See the giant pandas and travel throughout the world seeing gorillas, giraffes, green boas and many other animals. We may also see the biggest celebrity "The Geico Gecko." The day will be a long journey through one of the world's most popular zoos. Bring a water bottle, comfortable clothing, a good pair of sneakers or walking shoes, and LOTS OF ENERGY! Also, bring a lunch with a drink, snacks for the ride, \$10.00 for dinner on the way back, and souvenir money is optional. Trip fee of \$20.00 must be paid in full by May 30, 2003.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366762-01	TR Center	Sa	7:00am-10:00pm	6/7	\$5	\$15

# THERAPEUTIC RECREATION CENTER/MENTAL IMPAIRMENTS

## SPRING WORKSHOP

**NEW!**

### SPRING THEME MOSAIC WORKSHOP

Have you ever tried the ancient art of mosaics? Let's be creative and make a spring mosaic with assorted tile and glass. Participants will learn basic mosaic techniques using design application, adhesive and grout. You will take home a finished spring theme mosaic. All supplies are provided. Transportation is limited, so sign up early. Participants interested in workshop will be at the center during lunch. It is suggested that participants bring lunch or purchase pizza for \$1.00 per slice. Drinks will be provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
366746-01	TR Center	Th	1:00pm-3:00pm	4/24	\$7	\$17

## SUMMER OUTINGS

**NEW!**

### CHINCOTEAGUE PONY AUCTION

Come experience a live horse auction on the beach. The famous Chincoteague Pony Swim occurs the day before, collecting all the horses for the auction. Enjoy viewing wild horses and festivities including a carnival, food vendors and arts and crafts exhibits. Transportation provided.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466746-01	TR Center	Th	8:00am-7:00pm	7/31	\$5	\$15

### NEW JERSEY BOUND CAMPING TRIP

Let's try again! We will venture to the wilds of South Jersey (Wharton Forest) to camp for two nights as we hunt for blueberries and find different ways to eat them. We will also take in local historic and nature sites while fending off the Jersey Devil. A trip packet is given at time of registration with a pre-trip meeting to be held on Friday, June 6, 2003, at 6:00pm. Trip cost is \$80.00.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466760-01	TR Center	F-Su	TBA	6/27-6/29	\$5	\$15



**NEW!**

### CAMPING ADVENTURE AT SEASHORE STATE PARK

Four tent sites will be established for one week on the beachfront of Seashore State Park. A limited number of participants will be able to register for one to five nights (Monday through Friday) so sign up early. Participants interested must fill out a camper form and will be contacted if they are eligible. There will be an additional camp fee. Details will follow.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466761-01	TR Center	M-F	TBA	7/14-7/19	\$5	\$15

### PICNIC AND CANOE TRIP AT NORTHWEST RIVER PARK

Everyone must be willing to ride in a canoe, as we enjoy the winding waterways of a freshwater canal. We will see a variety of birds, wild flowers and turtles sunning themselves on the logs that poke out of the water. Watermelon will be provided for a refreshing dessert and ammunition for the seed spitting contest. Each participant should bring a lunch and drink. Extra money for snacks or souvenirs from the camp store is optional. Trip fee is \$10.00.

Activity #	Site	Day	Time	Date	Fee	NR Fee
466762-01	TR Center	Sa	9:00am-4:00pm	8/9	\$5	\$15

# THERAPEUTIC RECREATION REGISTRATION FORM 2003

## THERAPEUTIC RECREATION CENTER PARTICIPANT REGISTRATION FORM

Name of registrant \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_ DOB \_\_\_\_\_  
Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_  
Parent/Guardian Name (if applicable) \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_  
In case of an emergency, hospital of choice \_\_\_\_\_

### MEDICAL HISTORY

Primary Diagnosis \_\_\_\_\_

Other Medical Issues \_\_\_\_\_

Any specific accommodations required? If so, what? \_\_\_\_\_

Has participant had any of the following?:

**Diabetes** Yes \_\_\_\_\_ No \_\_\_\_\_ **Speech Disorder** Yes \_\_\_\_\_ No \_\_\_\_\_ **Diet Restriction** Yes \_\_\_\_\_ No \_\_\_\_\_

**Paralysis** Yes \_\_\_\_\_ No \_\_\_\_\_ **Hearing Impaired** Yes \_\_\_\_\_ No \_\_\_\_\_ **Heart Condition** Yes \_\_\_\_\_ No \_\_\_\_\_

**Visual Impairment** Yes \_\_\_\_\_ No \_\_\_\_\_

**Allergies** Yes \_\_\_\_\_ No \_\_\_\_\_

If YES, to what? \_\_\_\_\_

**Seizure** Yes \_\_\_\_\_ No \_\_\_\_\_ *If YES, please fill out Seizure Information Form.*

**Medications** Yes \_\_\_\_\_ No \_\_\_\_\_

PLEASE NOTE all current medications \_\_\_\_\_

**Bowel problems** Yes \_\_\_\_\_ No \_\_\_\_\_

**Able to toilet self** Yes \_\_\_\_\_ No \_\_\_\_\_

**Bladder problems** Yes \_\_\_\_\_ No \_\_\_\_\_

**Able to toilet self** Yes \_\_\_\_\_ No \_\_\_\_\_

### PARTICIPANT LIABILITY RELEASE

I am aware of the program(s) for which I am registering and I hereby assume responsibility for myself and or person named \_\_\_\_\_, to participate. I will not hold the City of Norfolk, Dept. of Neighborhood and Leisure Services, Therapeutic Recreation Center and/or its employees responsible in case of an accident or injury as a result of this participation.

Signed \_\_\_\_\_ Date \_\_\_\_\_

### PHOTO RELEASE

I give my permission for \_\_\_\_\_ to be photographed while participating in any of the Therapeutic Recreation programs. I understand that the pictures will be used for program publicity.

Signed \_\_\_\_\_ Date \_\_\_\_\_

### CONFIDENTIALITY UNDERSTANDING

I understand the above information given will be kept strictly confidential by the Bureau of Recreation.

Signed \_\_\_\_\_ Date \_\_\_\_\_